

LONDON metro®



**GUARANTEED
\$1 MILLION
PRIZE
WINNERS**



WALKIN' ON AIR

RICK ROSS'S NEWEST ALBUM, MASTERMIND, HIT NO. 1 ON THE BILLBOARD 200 AFTER ITS MARCH 3 RELEASE

PAGE 11



A long way to the top

If you want to rock 'n' roll ... The AC/DC lyric rang true for one Western student with a music website the industry is taking note of

PAGE 2

Crimea votes to leave Ukraine

While celebrations were held in the capital, the U.S. and Europe condemned the ballot

PAGE 7

Going the way of the penny?

The bitcoin revolution may be coming to an end, so selling now could be a smart move

PAGE 9

Emily's aiming high



Emily Trepanier on the slopes at Boler Mountain Sunday. Trepanier hopes to compete at the next Paralympic Winter Games in South Korea.

MIKE DONACHIE/METRO

Paralympics. London snowboarder working towards a goal



SCOTT TAYLOR
scott.taylor@metronews.ca

It is, perhaps, one of the best team names in all of sports and it belongs to a blind London woman hoping to compete at the Paralympic Winter Games in South Korea in 2018.

Why, she was asked, is it Team Starfish?

Emily Trepanier laughed. "Because when I was just learning to snowboard I'd fall a lot. And when I fell my arms and legs went in all different directions and I looked like a starfish," she said.

Now 27 years old, she's improved over the past four years to the point where she now hopes to attend a development school for the next games.

The 2014 Games ended Sunday in Sochi.

Trepanier is a member of the London Track 3 Ski School and knows her dream is a long way off, but the road to all gold medals have to start somewhere.

While on the slopes, two guides slide down the course with Trepanier, telling her which direction to go. They used to have to yell it at the top of their lungs before she

Next time around

- The XII Paralympic Winter Games will run March 9-18, 2018
- They'll be in Pyeongchang, South Korea

was able to invest in headsets this year.

"That makes it a lot easier," she said. "Now we can talk to each other."

Asked what it feels like to speed down a mountain on a plank of wood in the dark, Trepanier was frank: "I'm not going to lie. In the beginning, I was scared out of my mind."

Now, she said, "I'm a lot more comfortable on a snowboard."

"It took a little while to figure out the balancing and everything, but ... I'm pretty much able to balance now."

Her parents and siblings were concerned when she began, but they've grown to trust in her abilities.

Trepanier is a student at Fanshawe College with an ambition of becoming a teacher.

For some, saying it's all downhill from here would be a negative.

But for Trepanier, who hurtles through the darkness every time she straps the board on, nothing could sound better.

Western student reaching for the top in music biz

Made of Chalk.

Up-and-coming industry figure getting recognized



SCOTT
TAYLOR

scott.taylor@metronews.ca

Carson Daly knows who Lueda Alia is and so do hundreds of musicians and record-label honchos.

The Western criminology student took a love for music and turned it into her life's calling.

Not bad for a 26-year-old Albanian who could barely speak English when she arrived here with her family in 2001.

She now looks and sounds every part the entertainment mover and shaker that she's becoming thanks to ambition and hard work.

And for years, she did it all for free because that's how you have to do it in the music business when no one's ever heard of you. Her years of making contact after contact online and at festivals such as SXSW is now beginning to pay off.

It began on the website absolutepunk.net, where she joined in on forums learning English with every word she read and wrote.

"It was a really difficult time," she said. "I didn't have friends and I was home by myself all the time, but I had this new thing called the Internet, which we didn't have in Albania."

Making noise

"We're onto something special here, I think."

Lueda Alia, who runs multimedia music website madeofchalk.com

"I listened to music all the time and I found absolutepunk.net."

She posted so often that the people running the site noticed her. They liked her knowledge and passion for indie music and Alia's repeated suggestions for the site to hire an editor to cover the indie scene.

"They said, 'Why don't you cover it for the website?'"

Actually, she was drafted more than asked.

"They changed my account on the website to a staff account. I guess he got sick of asking me."

Today, she runs madeofchalk.com, a multimedia music website that has enjoyed a meteoric rise in importance in the industry.

Working in partnership with New York digital marketing company 24 West, the website offers news, reviews and exclusive backstage videos, which can't be found anywhere else.

AC/DC said, "It's a long way to the top if you want to rock 'n' roll."

Alia isn't yet at the top, but she's climbing the charts quickly.

Follow Scott Taylor on
Twitter @taylorinlondon



Lueda Alia, who's aiming for success in the music industry. SCOTT TAYLOR/METRO

Convergys + Stream

MORE opportunities. **MORE** locations.

MORE ways to advance. www.convergys.com

Interested? Apply now at careers.convergys.com
Contact our recruiting team at 519-455-4100 ext. 2113

CONVERGYS

stream

Humane Society. Staff bewildered by abandoned dog's numerous wounds

It's still a mystery to members of the London Humane Society.

All they know right now is that a small dog was discovered outside the shelter Tuesday night with horrific wounds over much of its body, including bruising inside her mouth.

Her belly was nearly scraped raw, and she couldn't stand on her own. Even her leash was mangled.

Executive director Judy Foster said she doesn't know if the dachshund-beagle mix was involved in a car accident, some other mishap or a victim of abuse above and beyond what shelter staff normally come across.

"I immediately thought it had been hit by a car, but when staff picked it up we could see horrifying wounds over half of its belly," Foster told Metro. "It

was just awful."

They took the dog to the vet to be treated.

"It's got so many wounds, we can't rule out that this is cruelty," Foster said. "This may also be long-standing neglect. The wounds in the mouth don't make sense."

A shoestring around the dog's neck had cut into tissue in three places. There's suspicion someone may have taped her mouth shut, a type of cruelty that has been seen in Calgary over the past few months.

Shelter staff are asking anybody who knows about this dog or the owner to come forward.

To reach the shelter, call either 519-451-0500 or 519-451-0630. You can also call Crime Stoppers at 1-800-222-TIPS (8477). **SCOTT TAYLOR/METRO**

Speculation

"It's got so many wounds, we can't rule out that this is cruelty. This may also be long-standing neglect."

Executive director Judy Foster



London Humane Society staff are looking for answers after this dog was found abandoned outside a shelter with serious injuries. CONTRIBUTED

Road to be his home, empathy his message

Homeless Happens.

Campaigner plans cross-country walk that will take a year



MIKE DONACHIE
mike.donachie@metronews.ca

Jason McComb knows all about homelessness and he thinks you should learn about it too.

He's had his own problems. Now 37, he's been homeless on and off since he was 17.

Now, the St. Thomas man is going from living on the street to walking the roads of Canada as he tries to raise awareness of homelessness and encourage people to fight back against it.

And he really does mean Canada. Starting in St. John's, Newfoundland, he's going to spend a year walking across the country to Victoria, B.C.,

Follow along

Walking in the Free World II

Homelessness campaigner Jason McComb leaves St. Thomas on April 1. It will take him about a week to walk to Toronto, where he will meet MPP Jeff Yurek at Queen's Park.

Soon after, he will fly to St. John's, Newfoundland, and begin the long walk

Moving forward

"We need to find the holes in our communities and find ways to change."

Jason McComb

meeting people along the way and trying to spread a message.

"I want to reach as many people as possible and I want to leave an impression that not all homeless people are the same," he said. "I want to change the stereotype."

Nobody chooses to be homeless, McComb said, and everybody can help in their own way. That might be volunteering at a soup kitchen, donating old clothes or asking a politician to support housing and social programs.

"Homelessness is everywhere," McComb added. "In our society, the people on the dollar bills come before the people on the street."

west. He plans to visit every province along the way, arriving in Victoria, B.C., a year later.

Last year's event, Walking in the Free World, saw McComb walk to Ottawa. The name was inspired by the Neil Young song Rockin' in the Free World.

His progress can be followed on Twitter @HomelessMcJason, at Facebook.com/HomelessHappens and via the website homelesshappens.net.



Jason McComb wants people to help the homeless in any way they can. ANGELA MULLINS/METRO



Do it right the first time!

Andrew Joiner

Residential Sales Manager
1045 Hargrieve road, Unit A
London, ON

Tel: 519 686-0940
Cell: 226-236-8343
ajoiner@reliancecomfort.com

Be prepared for the next POLAR VORTEX!

Find out why over **100,000 Londoners** trust Reliance for heating, cooling and water systems



Jake Windatt, left, and James Bialkowski, co-founders of Grim Brothers Entertainment, promise a shocking good time at their three-day festival. SCOTT TAYLOR/METRO

Shock Stock IV promises to be a real scream

Splatter up! Three-day celebration of all things horror, cult and drive-in slashes its way into the city next month



SCOTT TAYLOR
scott.taylor@metronews.ca

It's described as a three-day celebration of horror and drive-in and cult movies, and with it will come some of the genre's best known and loved stars.

Shock Stock IV will slice and dice its way into Centennial Hall and various other venues April 11-13.

Co-organizer and Londoner Jake Windatt knows the festival isn't for everybody, but those that love

it are die-hard fans, so to speak.

From the classic Evil Dead movies to campy drive-in splatter classics, those who love the genre do so with gusto and with as many kindred spirits as they can find.

"The social atmosphere is incredible," Windatt said, "because the whole social experience of the entertainment industry is dwindling. It's all online now. People are watching at home. There's not much interaction anymore."

But crowd a bunch of fans into a theatre for something they all can't wait to see (again), and you make cinematic magic, he said.

"There's a whole different dynamic to coming into a place with a bunch of people who are all passionate."

Quoted

"You get the crowd of people, and there's a real energy in the room, you know?"

Jake Windatt, Shock Stock IV co-organizer

Shocking details

- Shock Stock runs April 11-13 at Centennial Hall
- It includes Evil Dead: The Musical at The Grand Theatre
- Check grimbrothers.com for the full lineup

It's a close cousin of the uber-popular Comic Cons that see devotees dressing up as their favourite characters, Windatt added. In this case, the characters tend to be a little bloodier.

"There are people who dress up in costumes, people who bring boxes of old VHS tapes to trade amongst each other and people who make new friends while watching a movie they both cherish," he said.

"You might be buying a video and some guy's going to look at you and go, 'Oh, man, I love that movie!' There's so much more to being there than you can really express."

Ontario looks to do away with blood-for-money clinics

Ontario aims to eliminate private clinics that pay for blood donations.

The province has announced it intends to introduce legislation to stop this practice and by doing so protect the province's blood and plasma donation system.

Currently, there is no legislation specifically prohibiting paying for blood or plasma donations in Ontario.

"The Ontario government's decision to ban paid plasma clinics is a great relief to Canadians who suffered from tainted blood through past mistakes. Ontario is demonstrating that it has heeded the lessons of the past and is committed to protecting our volunteer blood supply system," long-time tainted-blood activist Mike McCarthy said.

If passed, the new legislation would prohibit payments to individuals for their blood and plasma, including reimbursement of expenses or other forms of compensation; strengthen the government's ability to enforce the law in the case of violations; and expand the criteria considered for licensing blood collection facilities.

In the interim, the government is posting two proposed regulation amendments that would prohibit any licensed lab or specimen-collection centre from paying for blood and plasma donations, including reimbursement of expenses.

The minority Liberal government says this position is consistent with the 1997 Krever Commission's report on Canada's blood system

that recommended donors of blood and plasma should not be paid for their donations, except in rare circumstances.

"We are proud of our volunteer donors and strongly support Ontarians as they continue giving blood and plasma for altruistic reasons," Health Minister Deb Matthews said in a statement.

Canadian Plasma Resources, a private company that collects plasma, issued a statement claiming there is no evidence that compensating plasma donors weakens the voluntary donor system, noting that Manitoba has allowed paid plasma donations for 25 years.

The company insists that the issue is about collecting blood or plasma for transfusion, adding only Canadian Blood Services and



"Our government has full confidence in our voluntary, life-saving blood donation system and is committed to protecting it," Health Minister Deb Matthews said as the province plans legislation that would prohibit paying people for blood and plasma donations. TORSTAR NEWS SERVICE FILE

Hema-Quebec collect blood and plasma for transfusion, whereas the plasma it collects is manufactured into

critical pharmaceutical products.

"Paid plasma donations help save patients' lives" Canadian Plasma Resources CEO

Dr. Barzin Bahardoust said in the statement.

TORSTAR NEWS SERVICE

Tackling the art of growing up

Skin Deep. Londoner merges art and theatre to explore beauty and acceptance



MIKE DONACHIE
mike.donachie@metronews.ca

The difficult subjects of beauty, self-image and influence by peers and the media are the focus of an arts project led by Londoner Trish West.

As well as being the writer and producer of *Skin Deep*, a play to be presented next month at The Arts Project, she's among its actors. But West has a more important role: mother of four.

"I have teenagers," she said. "I don't want them to go through the same struggles I went through as a teenager."

"You can have low self-esteem and you're trying to fit in, and there's bullying and all that stuff too. I want them to know they're OK with who they are and can be who they want to be."

Skin Deep, which also stars Trish West's real-life daughter Sarah, is a drama designed to touch the heart and maybe get some laughs. It follows a family's struggle to see past what's considered beautiful and accept what's in the mirror.

But the project doesn't stop at the edge of the stage.

West explained she wanted to use the art gallery space to address the same issues, and wondered who she might involve. Then she realized that nobody would be better than high school students.



Cast members, from bottom left, Angelina Foster del Mundo, Trish West, John Garlicki and Sarah West. Sarah is Trish's real-life and on-stage daughter.

CONTRIBUTED

Interested?

The *Skin Deep* art exhibition begins with an event in aid of Wellspring London on March 25 from 7 to 9 p.m.

- It features a performance by local singer-songwriter Dave Semple and an auction of artwork and other donated items.
- The exhibition is open at The Arts Project (2013

Dundas St.) from March 25-April 5.

- The play will be staged at The Arts Project on April 2, 3, 4 and 5 at 8 p.m., with a matinee on April 5 at 2 p.m.
- It's also being staged by the Elgin Theatre Guild in St. Thomas on April 12 at 8 p.m.

Now, more than 90 London students have helped to create art for *Skin Deep*. Each also had the chance to contribute a descriptive paragraph about

self-image and the pressures they feel.

The whole project is also benefiting cancer-support charity Wellspring London.

St. Joe's

Hospital to host health info session

South West LHIN will have a community information session Tuesday 7:15 to 8:30 p.m. in the hospital's Lawson Meeting Room at St. Joseph's hospital.

Topics up for discussion include the recent amalgamation of three mental-health agencies, programs and services to help people with brain injuries and on-line resources designed to connect people with health care. **METRO**

Resisting. Pair charged with assaulting officers

Minor injuries were reported after London police officers were allegedly assaulted while responding to a chronic noise complaint at a Cheapside Street apartment.

Police arrived shortly after midnight Thursday and charged a man under a city bylaw. A second man was arrested for public intoxication.

During the second arrest, police say the suspect resisted and assaulted officers. A woman then exited the apartment and she, too, is accused

of assaulting a police officer.

Dakota Pope-White, 18, has been charged with two counts of assaulting police and one count each of resisting arrest, causing a disturbance and being intoxicated in a public place.

Samantha Shearing, 20, has been charged with two counts of assaulting police and a single count each of resisting arrest, causing a disturbance and obstructing police.

SCOTT TAYLOR/METRO

Available March 20th - 23rd FREE PANDORA TWO-TONE CLASP BRACELET

WITH YOUR PANDORA PURCHASE
OF \$550 OR MORE.*



Sterling silver charms from \$29

INTRODUCING PANDORA'S 2014 SPRING COLLECTION.

PANDORA®
UNFORGETTABLE MOMENTS

Experience at:

PANDORA™ STORE
WHITE OAKS MALL
519.601.1133

*Free sterling silver gold clasp bracelet (\$395 CA retail value). Prices before taxes. While supplies last, limit one per customer. Charms sold separately. See store for details.

Some jewelry displayed patented (US Pat. No. 7,007,507) • © Pandora • PANDORA.NET

Campaign urging women to run for council gaining ground

Women and Politics.

Municipal runners offered training, encouragement on how to get there



MIKE DONACHIE
mike.donachie@metronews.ca

The campaign to encourage more women into London

politics is gaining momentum, one of its leaders has said.

And Shawna Lewkowitz, founder of Women and Politics, says the group is going further than just encouragement. It's out to give practical training to women keen to get involved in the race for city hall.

Women and Politics was formed this winter as an offshoot of Pints and Politics.

There's been concern

that women's voices won't be properly represented in the next council, to be elected Oct. 27, because three of the five female councillors aren't running again.

Now two of those departing councillors, Joni Baechler and Judy Bryant, are to join former board of control member Gina Barber at the Women and Politics municipal campaign school. It aims to train women on how to campaign, deliver a message

and deal with the media, among other things.

Lewkowitz has been encouraged by the response to her group's call to London's women to consider running or supporting a female candidate.

"We've seen a lot of interest, both from women in the community and the larger community overall," she said. "Our events are well-attended. The feedback that we get from women candidates that have stepped for-

ward is that they are very happy to know that a group like Women and Politics exists."

But she said there's still a need for more women to come forward, and stressed that the voters' final decision must always be about the quality of a candidate, not just their gender.

For more details on Women in Politics, including links to event registration, in visit fempolildn.wordpress.com.

Upcoming events

The Women and Politics municipal campaign school is on Saturday, April 5, at Goodwill Industries (255 Horton St E) and lasts all day.

- But the group's next event is on March 27. It's a mixer for men and women, at Winks Eatery from 6:30 p.m.



Lecture: Conflict and peace in Guatemala

Photographer Jorge Uzon is bringing his first-hand account of conflict and peace in Guatemala to Western University. Uzon, who shot this photo of Guatemalan indigenous women performing a religious ritual over the remnants of three bodies exhumed inside a church, will give a lecture Wednesday, titled *A Whisper in the Ear of the Condemned: Photographing Guatemala after the War*, at 5 p.m. in McIntosh Gallery. COURTESY JORGE UZON

London City Hall. Cycling advisory committee ready to get rolling

Monday's the big day for London's vocal cycling enthusiasts at city hall.

The latest meeting of the strategic priorities and policy committee is to discuss the proposed new voice for cyclists, put forward as a change to the structure of local government.

The committee, which includes all council members, is to see the framework for a new cycling advisory committee, which has been a controversial topic.

City staff had told council members there was no need for the new advisory committee, but the politicians disagreed. Despite the existence of the transportation advisory committee, which included cycling issues in its discussions, council told staff to draw up plans for a body to advise on cycling only.

And now those plans have come back to council members. Drawn up by staff including city clerk Cathy Saunders, they talk of an 11-member committee.

To be represented in the membership is the transportation advisory committee itself. There will also be a representative from London Cycle Link, which has been active in campaigning for the new committee, the chamber of commerce, the Urban League of London and Middlesex London Road Safety Committee.

If approved on Monday — and on Tuesday by the full council — the new body will have members who are involved for four-year terms.

MIKE DONACHIE/METRO

Follow Mike Donachie on Twitter @Mike_Donachie



Oh my God, they're back again. Backstreet Boys coming to the Bud

The Backstreet Boys have extended their In A World Like This tour to include a May 7 show at Budweiser Gardens. Tickets go on sale March 21.

The tour has been the group's biggest in more than 10 years, with sell-out shows and nightly crowds as large as 16,000 people.

The band's new album,

also called In A World Like This, debuted in the top five and the group earned a star on the Hollywood Walk of Fame.

Backstreet Boys also recently earned a Best Musical Moment nomination at the MTV Movie Awards for their appearance in the Seth Rogen film, *This Is the End*.

METRO

Crimea votes overwhelmingly to leave Ukraine, join Russia

Over 95 per cent approve. U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed, crowds of ethnic Russians in the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of once

again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote as a cynical power play.

The Crimean parliament was to meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

THE ASSOCIATED PRESS



Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

Plane's disappearance may have been intentional



A woman leaves a message for missing Malaysia Airlines passengers at a shopping mall in Petaling Jaya, Malaysia, Sunday. LAI SENG SIN/THE ASSOCIATED PRESS

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

Authorities also examined a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysia Airlines Boeing 777 took off from Kuala

Lumpur in the wee hours of March 8, headed to Beijing. On Saturday, the Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems — the Aircraft and Communications Addressing and Reporting System (ACARS) — about 40 minutes after takeoff. Around 14 minutes later, the transponder

that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

On Sunday, Malaysian Defence Minister Hishammuddin Hussein told a news conference that the final, reassuring words from the cockpit — "All right, good night" — were spoken to air traffic controllers after the ACARS system was shut off. Whoever spoke did not mention any trouble on board.

THE ASSOCIATED PRESS

'Highly complex' search

The search area now includes 11 countries the plane might have flown over, Hishammuddin said, adding that the number of countries involved in the operation had increased from 14 to 25.

- "The search was already a highly complex, multinational effort," he said. "It has now become even more difficult."

Harlem

Congregation mourns members' deaths in blast

As workers tried to clear away the last of the rubble that once was two New York City apartment buildings, a pair of congregations gathered to mourn Sunday — one for its lost church

and one for two members who lost their lives in the massive explosion.

At Bethel Gospel Assembly, tears mixed with the sounds of gospel music as the church remembered Griselde Camacho and Carmen Tanco, two of the eight people killed in the massive East Harlem explosion that levelled a pair of five-storey buildings on Wednesday.

THE ASSOCIATED PRESS



N.Y. Mayor Bill de Blasio, left, and Al Sharpton at Bethel Gospel Assembly Sunday. THE ASSOCIATED PRESS

Jeffrey Sinclair

U.S. general to avoid sex-assault charges with plea

Defence attorneys say an U.S. Army general has agreed to a plea deal that includes the dropping of sexual-assault charges against him.

A news release Sunday

from lawyers representing Brig. Gen. Jeffrey Sinclair says that he will plead to lesser charges in exchange for having the sexual-assault charges dropped along with two others that might have required Sinclair to register as a sex offender.

The release says a high-ranking general overseeing the case has approved and signed the agreement.

THE ASSOCIATED PRESS

Sweden

Thousands rally against fascism

Thousands have protested fascism in Sweden, calling for dialogue and tolerance.

The demonstration happened in Malmo where, a week earlier, four people were injured in a fight at a feminist demonstration.

THE ASSOCIATED PRESS

Lake Louise, Alta. Father and son killed in avalanche while tobogganing

A Parks Canada spokesman says the avalanche risk was high in an area where a father and son were killed when snow rushed down the slope they had gone to toboggan in Lake Louise, Alta.

Banff National Park resource conservation manager Bill Hunt says RCMP requested the aid of Parks Canada Search and Rescue personnel to help look for the two on Saturday afternoon.

Hunt says a Parks Canada team found a partially buried toboggan in the avalanche debris.

It helped searchers locate the victims at the base of Mount Fairview on the shore of Lake Louise.

Mounties say the man, 33, and his son, 11, were from Montreal and may have been

buried for almost a week.

Const. Phil Caza said the pair were reported missing Friday, but the last anyone recalled seeing them was on Sunday, March 9, when they rented the toboggan.

"We're still working to see if any hotel staff came in contact with them, but it's most likely it was the 9th," Caza said.

Caza said the slope where the pair were located can be accessed by walking on the frozen lake. He said it can even be seen from the Chateau Lake Louise hotel.

He said that after searchers found the toboggan partially sticking out from the snow, dogs were used to pick up the scent of the missing father and son and their bodies were then dug out. **THE CANADIAN PRESS**

Spy outfit. Investigation of CSEC reveals ethics breaches, wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden.



John Forster, chief of CSEC.
THE CANADIAN PRESS FILE

Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people, countries, organizations and terrorist cells for information of intelligence interest to the federal government.

THE CANADIAN PRESS

International hearing

Ottawa to argue against EU ban of seal products

An international trade organization will hear arguments from Ottawa on Monday in an appeal of a landmark ruling that upheld the European Union's ban on imported seal products.

Environment Minister Leona Aglukkaq said she will argue at the three-day World Trade Organization

hearing in Geneva what the Tories have steadfastly defended: that the seal hunt is humane, sustainable and well-regulated.

"Any views to the contrary are based on myths, misinformation and misguided emotion," said Aglukkaq in an opinion editorial released Sunday.

"Canadian coastal and northern communities continue to depend upon the humane seal harvest as a vital economic activity and they should have every right to do so."

THE CANADIAN PRESS



Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary, on Tuesday.

JEFF MCINTOSH/THE CANADIAN PRESS

Families of fallen reflect on losses

At what price? Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mis-

sion that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there

to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert." **THE CANADIAN PRESS**

A mother's loss

'Were we fighting a losing battle?'

Other families, including Anne Snyder — whose son, Capt. Jon Snyder, died at age 26 in 2008 — wonder if the Afghans wanted the West there at all.

"Were we fighting a los-

ing battle?" said Snyder, of East Jeddore, N.S.

When she sees the persistent, grinding poverty of the Afghan people and unabated violence, including last week's bloody attack on the Kandahar intelligence headquarters, Snyder says you can't help but ask questions.

"I don't want to think my son died for nothing,"

she said.

Her way of honouring Jon, who was posthumously awarded the country's second-highest military medal for bravery, is to counsel other families of the fallen, including most recently relatives of suicide victims. She's also dedicated a portion of her garden to him where poppies and lilies return each year.



Anne Snyder poses with a photo of her son Jonathan.
THE CANADIAN PRESS

Stick a fork in bitcoin, it's done?



HOW TO ROLL
Alison Griffiths
metronews.ca

Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to bitcoin exchanges, the answer seems to be yes.

If you got in at \$30 US three years ago and hung on past the 2013 \$1,250 US peak to today's price at around \$650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However, economic behavior study tells us that regular investors jump on hot trends

Cybercurrency graveyard

- OS-Gold, Standard Reserve, INYGold, e-gold, 1mdc, e-Bullion (digital gold currencies. 1996-2004 (all were fraudulent)
- DigiCash. 1990-1998
- CyberCash. 1994-2001
- Beenz. 1998-2001
- Flooz. 1999-2001
- Internetcash.com. 1999-2001
- QQ coins. 2000-2002
- Linden Dollars. 2008
- Bitcoins. 2009 - ????

too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought

into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS, teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? OK, moving on.

Both firms promise to bring security, regulation and liquidity to the bitcoin world. Right now digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride making it almost useless for spending and leaving it in the realm of speculators.



Saprilge: Cold may mean less nectar of the gods this season

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said. ELISE AMENDOLA/THE ASSOCIATED PRESS

Bank of Canada

Worries of disinflation gaining steam

Does Canada still have a too-low inflation problem?

This Friday's inflation reading for February has some economists predicting the Statistics Canada report will show the annual consumer price index falling below one per cent.

THE CANADIAN PRESS

Riddle me this...

Is a blimp a blimp if it has a semi-rigid skeleton?

The next generation of the Goodyear blimp is getting ready to take flight as the company moves toward replacing its old fleet of airships with a new trio.

The new airship has a semi-rigid internal skeleton, a feature that wasn't present in earlier models and raises questions about whether it is truly a blimp.

THE ASSOCIATED PRESS



The ones your donations helped don't know your name. But we'd like to recognize you.

Introducing the First-Time Donor's Super Credit.

If you're a first-time charity donor, or you haven't claimed a donation tax credit since 2007, there's a new tax credit for you. It's an additional credit that allows you to reduce your federal tax payable by up to \$250. Join the millions of Canadians who file online and use direct deposit to get their refund faster.

Find out more at cra.gc.ca/TaxSavings



Canada Revenue
Agency Agence du revenu
du Canada



Canada

NO, REALLY: KEEP IT SIMPLE, STUPID

I've been utilizing this space in an effort to elucidate the key elements of current societal happenings, expounding on the issues of importance while informing and potentially enlightening my readership.

I'm hoping you just asked yourself, "What in the hell is he talking about?" But if you didn't, don't feel too bad. It's probably not the first time you've felt the need for a weed-whacker to cut through a sentence that didn't make any sense and only left you confused.

The truth is, making your way through life these days means cutting through unnecessary and hard-to-understand language, best described as meaningless jargon.

Whether you're reading a bank statement or a pay stub, shopping for a computer, doing your taxes, or visiting the doctor (or any government office), I know you're getting a regular dose of slang, nonsensical words and flat-out gobbledegook.

It's understandable, if still annoying, when workplaces adopt



URBAN COMPASS

Todd Devlin

london@metronews.ca

their own industry speak. It's been said this provides a sense of unity and belonging for employees within an organization. But is it too much to ask that it be left within the organization?

Unfortunately, we're left trying to make sense of things. People have a tendency to use long, fancy words to sound important and intelligent. But we don't want that. We want you to be genuine. We want to be spoken to like human beings.

What's disconcerting to me is that the issue is hardly limited to the corporate world. Over the years, it has crept into the non-profit world as well. I expect corporations to try to hoodwink me, but I hope for better from non-profits. But when I hear about paradigm shifts, capacity-building, participatory action and cross-sectoral collaboration, it makes me skeptical about your organization. Are you putting on airs?

I recently visited the website of one particular local non-profit targeted at youth (I won't name names), and I was dumbfounded

to read an "about" section that gave me no insight whatsoever into what the organization actually does. There was a lot of "collaboration" and "innovation" and almost zero substance. Of course, they're certainly not the only offenders. There are many others.

The use of meaningless jargon is even more confusing to me when considering the ever-shrinking attention span of the average person. Don't organizations want to get their points across? Why risk alienating their, ahem, "stakeholders"? Or potential donors? Or potential volunteers?

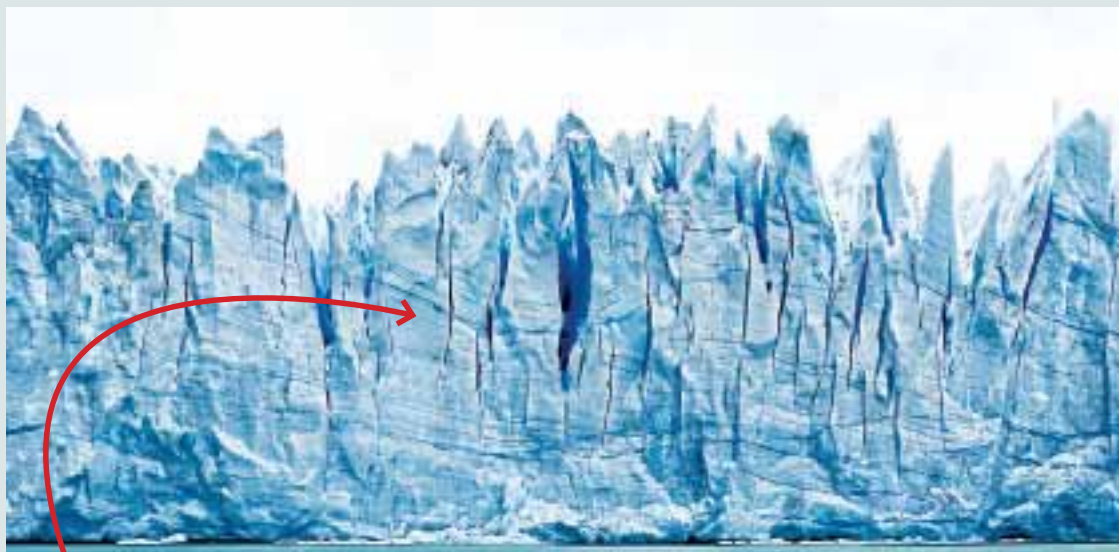
Instead, we're left wondering if this inability to communicate in layman's terms means that the meaningless jargon is actually a warning sign of potential credibility issues with the organization. Are they spending all of their time creating complex pie charts and elaborate PowerPoint presentations (with all the key buzzwords), or are they actually doing something productive for people in the community?

Tell us what you do. Say what you mean.

I offer this constructive criticism not to be disparaging of these organizations. It's not about me, and it's not about them. It's about the people and the communities they serve. And I believe improved communication would go a long way.

ZOOM

The Great Wall of Patagonia



FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

'Magical and fragile'



FRANK THIEL
Photographer, 47,
based in Berlin

What does your powerful photograph tell us?

It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations

of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying. **This place looks surreal ...** But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove

of human experience and is older than any living creature on our planet.

What was it like to work in such an environment? Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:

Short, in-depth lessons on the history or mechanics of a staggering variety of topics. The Spanish Inquisition? Check. Jack the Ripper? Why not? Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:

Part comedy show, part permanent tangent into pop-culture history with very funny people you've probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up "Weird Twitter," Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:

An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.



THE ASSOCIATED PRESS

Twitter



@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize

the former.

@Craig_F: I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Ebooks



**Captain America:
The Winter Soldier**

By. Ed Brubaker/ Marvel
Unlimited

iPad/iPhone/Android



**MIND THE
APP**

Kris Abel
@RealKrisAbel
scene@metronews.ca

A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, so your imagination remains in control.

Game of Thrones

**Creators say they
can predict the
(unwritten) future**

Game of Thrones creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of the series of novels on which the show is based — and have a pretty good idea of how the story will end, even though the final two books haven't been written yet. They're now convinced the TV series will only run for three or four more seasons.

THE CANADIAN PRESS

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation ... that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule



Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

to go to the smaller markets in South Carolina, the Columbia, you know the (places) that don't get attention. But those are the places where I remember making my first \$5,000 shows from, so I still go to those places."

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too

early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami

Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.... You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die."

THE ASSOCIATED PRESS

2 SCENE

**BEAT
BOB'S
BANK**

WIN
up to
\$25,000

at 8:35am 12:35pm & 5:35pm

**102.3
BOB fm**

Playing whatever! Whenever!

Andrea Martin is Working the Engels behind the scenes of new sitcom, too

In the brood. Show's family dynamic carries over off-screen as star nurtures cast, works with old SCTV pals

It seems Andrea Martin's role as an irrepressibly madcap matriarch on *Working the Engels* also extends behind the scenes.

The decorated 67-year-old SCTV comedian is seated next to her new co-star Kacey Rohl, and the discussion shifts to the third episode of the new Global series, which debuted Wednesday night.

It's an instalment that features bits of physical comedy both from Martin — who gyrates her way through a hip-hop dance routine — and Rohl, whose character awkwardly navigates a stripper pole.

Here, Martin grabs hold of the conversation. "I can't believe I haven't talked to you about that, by the way," says Martin, turning to her co-star. "That is such amazing physical comedy you do on that pole. It was shot beautifully. It was so funny, really — the whole episode should be about that."

Of course, nurturing nature aside, the seemingly down-to-earth Martin doesn't share much in common with her unhinged, self-obsessed Engels counterpart, whose dysfunctional, heavily indebted brood of three children is forced



Andrea Martin as Ceil Engel, second from right, in *Working the Engels*, with former SCTV cast mate Eugene Levy. SHAW MEDIA

to band together to save the family's law firm when her husband suddenly dies.

Azura Skye plays divorced, recovering pill-popper Sandy, Benjamin Arthur portrays ex-con ne'er-do-well brother Jimmy while Rohl is the put-upon family fulcrum — and the only one with a law degree.

The show was created by Katie Ford (Miss Congeniality) and Jane Cooper Ford, and Mar-

tin said that having women at the head of the sitcom — once a rarity — lent the show a different feel.

"The female energy was fabulous, actually," said Martin, a two-time Emmy winner and Tony Award victor. "Not for any political reason — 'Yeah, come on, it's our turn!' — it's just there was a different vibe to it."

More familiar is the impressive lineup of guest stars who

have already filmed appearances, a number that includes Colin Mochrie, *Kids in the Hall* veteran Scott Thompson, *Argo* actor Victor Garber and Martin's old SCTV pals Martin Short and Eugene Levy.

In the case of those last two, Martin says the bond she still shares with her old comedic collaborators allows for a comfortable chemistry.

"We talk three or four times

a week, all of us," she said. "It just felt like an extension of being in somebody's living room, except there were cameras."

"We both have the same work ethic, Marty and I do. We all come from the same training, so we're up to improv any time, but both of us are perfectionists. We're very methodical about getting the scene so it's right and making sense and then being silly."

Praise from co-star

"When we showed up on set, she created this nice ease and simplicity to everything."

Co-star Benjamin Arthur

Skye, meanwhile, shrugs away Martin's modesty and says it's "solely a testament" to the screen and stage actress that such marquee guests would support a show that "hasn't even aired yet."

Indeed, it's Martin who receives the greatest share of her co-stars' unsolicited, unqualified praise.

"When we showed up on set, she created this nice ease and simplicity to everything," said Arthur, before he and Skye commiserated on occasionally worrying that their performances were too broad.

"There definitely have been a couple times (where I've thought) 'Are we crossing the line into the absurd? Are we slipping on banana peels?'" Skye said. "But it seems to be rooted in something very grounded and very real, and once again that is Andrea. You watch her stuff and it's very much like that."

"It is on the hilarity end of the spectrum but at the same time it comes from a very real, very truthful, organic place."

THE CANADIAN PRESS

country104.com

Facebook Twitter CMT

Country 104 and CMT Proud Partners in Country Music

Kwanten happy to take Wrong path

Rom-com. Australian True Blood star is not a big fan of the genre but couldn't resist playing the character after reading the script

NED EHRBAR
Metro World News in Hollywood

When not playing Jason Stackhouse on True Blood, Ryan Kwanten has looked to build up his film resumé with dark, complex roles, like the Australian films Red Hill and Mystery Road. So no one was more surprised than he was when he responded so strongly to the romantic comedy the Right Kind of Wrong. Of course, it doesn't help that even in this he takes a hell of a beating. Ryan found time to tell Metro a bit about the role.

This role is a bit of departure for you.

I must admit I'm not a huge rom-com guy. I'm much

more of a 'let's break down the psyche.' Give me a character that you have to keep knocking down. Let's see the fragments of a man and see him put himself back together. But this was that in a rom-com, and I've never really experienced that before. Reading it, every time I expected it to go into that typical, clichéd ending of an act or a scene, it totally twisted in a way I wasn't expecting, then it would do the same again to the point that I was like, 'OK, I'm going to stop predicting anything here because obviously I'm none for 20 right now.'

If you recast this movie with, say, Paul Giamatti, it becomes a really creepy story.

Yes (laughs), that was a concern too. It was a concern of mine, but (director) Jeremiah (Chechik) said, "Don't you worry about that." I guess he was insinuating that certain qualities that I may have will ultimately exude through and hopefully win the audience over.



Ryan Kwanten (Leo) and Catherine O'Hara (Tess) attend her daughter's wedding in *The Right Kind of Wrong*. SABRINA LANTOS

This is a guy that's obnoxious, he's self-centered, very rarely listens to anyone; in fact doesn't, really. He's sort of a professional dreamer to the point where he will put down everything else in his life to achieve that goal. And that's something that, from

many people's perspectives, can be a little too much. Like, 'Who the hell do you think you are?'

Part of what makes it work is that it's clear that hasn't been working for him.

Yeah, he's sort of flawlessly

flawed in a way. It's interesting, he learns lessons along the way, but it's only in retrospect now that I think about it that he doesn't really have an arc. He learns lessons, but he doesn't essentially change. I think that's such an endearing

quality in someone, to be so ... not necessarily righteous, but so full of belief.

On the most recent season of True Blood, I've never been more worried about your character's safety.

Yeah, I think every season a certain character gets picked out and looks like they are on the chopping block for that year. I felt like it was sort of right this season that we did lose one of our main cast. I guess since really episode 3 of the first season when we lost Gran, that to me was a huge thing where, from an audience perspective, you think, 'well if they can kill the sweet old granny they can kill anyone.'

And next season will be the last one, they just announced.

Yeah. Look, the amount of things that have to fall into place for a series to get picked up for a pilot, let alone run seven years, I feel beyond grateful. It's ridiculous.

The advertisement features a large, modern dealership building with 'MACMASTER CHEVROLET CADILLAC BUICK GMC' signage. Several cars are parked in front. Below the image, the MacMaster logo is displayed, followed by the Chevrolet, Cadillac, Buick, and GMC logos. The text 'Drop in with your resume, and learn more about our company and the positions we have available.' is present, along with a list of job openings: Lube & Tire Technicians, Sales Professionals, Business Development Agents, Internet Manager, and Service Technicians and Apprentices. The address '1470 Dundas Street East' and the location 'Macmaster Chevrolet North Side Showroom Entrance' are also provided.

JOB FAIR

Tuesday March 18, 2014

4:00 pm-8:00 pm

1470 Dundas Street East

Macmaster Chevrolet North Side Showroom Entrance

Drop in with your resume, and learn more about our company and the positions we have available.

We are expanding because we are moving to a new facility, we are looking for individuals to fill the following positions:

Lube & Tire Technicians
Sales Professionals
Business Development Agents
Internet Manager
Service Technicians and Apprentices

PLEASE APPLY IN PERSON

9 nifty ways to save, plus a tip

Finding the money. Ideas from banking a raise to stashing your coins can grow your savings fast



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People often tell me they can't find the money to save. Really? Not even \$1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or 10, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in



Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell

me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved \$6 at the grocery store by being a savvy shopper, take that \$6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash

back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your

change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping \$3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another \$3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cellphone, cable, Internet. Cut your bill by \$10 a month and now you have enough to start a savings plan. Cut it by \$30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3 TIPS

METRO CUSTOM PUBLISHING

Tax Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q

I just bought my first home. What can I claim?

A

I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about \$750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q

I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

A

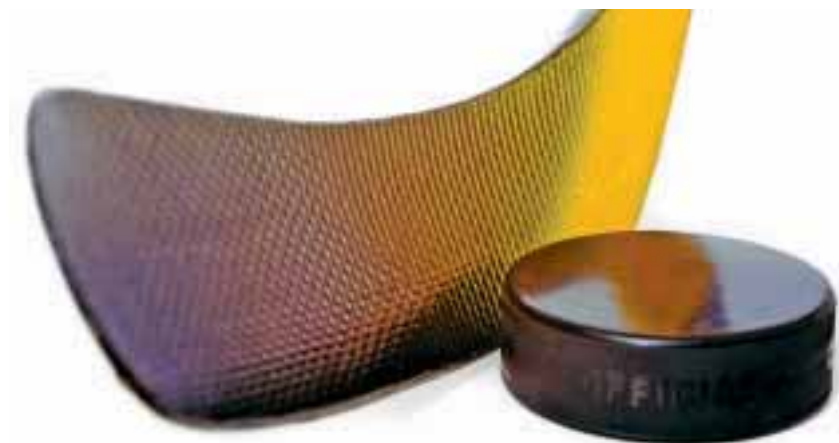
Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

Visit hrblock.ca for a location near you

Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by \$4,000, while Carolina and Jose have improved theirs by \$1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK



Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter



LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of \$500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than \$1,000 each month, they will pay \$800 on debt and put \$200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have

some retirement savings, and are committed to paying off debt

- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save

at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently \$70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining \$500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: \$55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently

established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt

- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently -\$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

► Reasons to THRiVE

- ☒ No fees
- ☒ Pays interest
- ☒ Up to \$100 Bonus*
- ☒ Smile more

Until March 31, get a \$25 Bonus when you become a new Client by opening a THRiVE Chequing® Account. Plus, when you switch your pay deposits to that new Account, you get an additional \$75 Bonus!

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license.™ forward banking is a trademark of ING Bank of Canada.® THRiVE Chequing is a registered trademark of ING Bank of Canada. * To receive a \$25 Bonus, new Clients must open a THRiVE Chequing Account with an initial deposit of at least \$100 from January 1, 2014 to March 31, 2014. To receive an additional \$75 Bonus, pay must be deposited into the same THRiVE Chequing Account by April 30, 2014. Existing ING DIRECT Clients only qualify for the \$75 payroll transfer Bonus. Bonus will be deposited into the same THRiVE Chequing Account within 30 days of completing each action. Limit of one (1) Bonus offer per person.

Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH

life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company

doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are

asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?



Even tattoos are game in some offices with casual dress codes. ISTOCK

'Round the world wisdom

Adversity? To go far and fast, go together

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

When racing towards the finish line, are you faster alone or together? "To go fast, go alone. To go far, go together," says an old African proverb. My experience running the Gobi desert was that to go far and fast, I needed to go together.

As the six-day race progressed, my daily objectives became more ambitious and to achieve them, I concluded I wouldn't be able to do it alone; I needed the help of my competitors.

In the same way road



Racing cyclists save energy by riding close together. ISTOCK

cyclists save energy by riding close together, fluidly alternating who takes on the headwind at the front, I would seek out other runners each day to assemble a like-minded team with the sole purpose of working together to go faster. We crafted win-win agreements on the fly, helping each other push beyond what we could do on our own. One person took to the front, navigating and running as hard as possible for a pre-agreed time period, while another behind acted as a sentry to watch overall progress against the field — and as a Canada goose

honking encouragement to the flock leader from behind. On queue the roles would switch, moving an always fresh runner to the front.

Back at work, the lesson encouraged me to change how we go about tackling our higher-stakes projects. Before, we always pursued a go-alone approach. Now, to increase our odds of success, we actively pursue co-competition, a cooperative competition with direct rivals, even if it involves sharing the victory.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Take charge of your career!
Be employment-ready as a
Personal Support Worker by
summer 2014.

Why Westervelt's Personal Support Worker program?

- ✓ Westervelt's extensive healthcare employer network
- ✓ Guaranteed lifetime career services now & 25 years down the road!
- ✓ Get real world experience - Guaranteed work practicum
- ✓ Gain hands-on experience during your program
- ✓ Save money - FREE Student Parking

There's only 6 months between you & your dream career.
Classes start April 14! **Call 519.668.2000** or
www.westerveltcollege.com to get more information.

Smarten up with this bow-tie pasta and pesto



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly browned. You can make up a batch and freeze for later use.

Ingredients

- 8 oz boneless skinless chicken breast

Pesto

- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta

- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

Pine nuts have one of the highest amounts of protein of any nuts as well as a notable amount of fibre.

Directions

1. Grill or sauté the chicken

Nutritional information

- Calories 409
- Carbohydrates 47 g
- Fibre 5.8 g
- Protein 22.5 g
- Total fat 16.5 g
- Saturated fat 3.2 g
- Cholesterol 37 mg
- Sodium 414 mg

breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

3. Meanwhile cook the pasta just until al dente about 8 minutes.



**COOKING
TIME
20 MINUTES**

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin

and slice. You can also buy roasted bell peppers in the supermarket packed in water. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

CLEAR VISION IS PRICELESS.

But it doesn't have to be costly.

Book a free consultation at 1-855-895-2020 or lasikmd.com

LASIK MD
VISION

Laser vision correction starting at

\$490 /eye*

Lowest
Price
Guarantee[†]



Bolts positive about their playoff future

NBL Canada. Lightning match up against first-place Express in Central Division final



DAVE LANGFORD
dave.langford@metronews.ca

Depending on where you live and what team you cheer for, London Lightning offered up plenty of fodder for your dressing-room bulletin boards Sunday.

It was the day after the Lightning had eliminated the Brampton A's with a 90-86 nail-biter to win the National Basketball League of Canada conference best-of-five semifinal in the maximum number of games.

Practice Sunday was forced to be a look-ahead, rather than a resting-on-their-laurels type of day, since the best-of-seven Central Division final begins Monday in Windsor against the first-place Express.

Let's start with Halifax and the Island Storm from P.E.I., who are contesting their own conference final, with the winner to meet London or Windsor.

"I know the East Coast is going to be in the finals, but for me whoever wins this series is the champion," Lightning and former Express forward Greg Surmacz said before the team shoot-around.

"We've had the best division. Brampton, Windsor and we were the three best teams in the league and we've got the two best playing in the central right now in the



The Lightning may have been playing on the road, but plenty of Londoners were hand to catch their Saturday win over Brampton. Matt Davis and Stacey Ball, pictured here during the final minutes of the game, were among the faithful. ANGELA MULLINS/METRO

(league) semifinal, so I feel it's the finals right here."

Lightning head coach Michael Ray Richardson didn't have to look that far into the future.

"I think that Brampton is a better team than Windsor. They've got better shooters and they spread the floor. We can control their inside guys in Windsor, but I think that this is going to be a great, great series."

Richardson said he enjoys the format change to best-of-

seven series in both the conference and league finals.

"I like it. We have seven chances to win four, instead of five chances to win three."

On Saturday, Elvin Mims and Tony Bennett scored 20 points each for the Lightning, and Mims leading both teams with 11 rebounds in 42-plus minutes on the floor. Jermaine Johnson added 15 points and Garrett Williamson 12.

Cedric Moodie had 26 for the A's.

Lightning vs. Express

Game 1: Monday at Windsor, 7 p.m.

Game 2: Wednesday at Windsor, 7 p.m.

Game 3: Thursday at Budweiser Gardens, 7 p.m.

Game 4: Sunday at Budweiser Gardens, 2 p.m.

*** Game 5:** Wednesday, March 23, at Windsor, 7 p.m.

*** Game 6:** Saturday, March 26, at Budweiser Gardens, 7 p.m.

*** Game 7:** Tuesday, April 1, at Windsor, 7 p.m.

* If necessary

Londoner wins Paralympic gold



Mark Ideson won a gold medal as a member of Jim Armstrong's rink.
PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Canada has a historic curling trifecta in Sochi.

Jim Armstrong's rink, with Londoner Mark Ideson as the alternate, showed its class and experience Saturday in defeating Russia 8-3 to win the gold medal at the Paralympic Winter Games.

The victory comes on the heels of Canada's podium-topping performances in both men's and women's curling

Quoted

"I learned that it's a team effort. Everyone's got each other's back. All those sacrifices away from family, they all happen for a reason."

Mark Ideson, of London, upon winning a gold medal in curling at the Paralympic Winter Games.

at last month's Olympics and marks the first time a country has won all three tournaments in the same year.

Canada has dominated wheelchair curling since the sport made its Paralympic debut eight years ago, win-

ning gold at both the 2006 and 2010 Games, to go along with triumphs in the 2009, 2011 and 2013 world championships.

"I learned that it's a team effort. Everyone's got each other's back," said Ideson, who also picked up his second Paralympic gold medal. "All those sacrifices away from family, they all happen for a reason." METRO

Trio of overagers key to Knights' success

OHL. Older players' leadership and maturity will be much-needed with playoffs up next



DAVE LANGFORD
dave.langford@metronews.ca

In what has become a ritual on the final night on the London Knights' home schedule, the team's overagers were honoured in a pre-game ceremony. Nice event.

Each player received a framed sweater and made a short speech.

This year was slightly different, however.

All three are defencemen and were new to this team this season after being acquired in trades.

Brady Austin, Alex Basso and Zach Bell have now become key components to the Knights' run up to the Memorial Cup. Averaging 210 pounds each, they anchor one of the best six-person defence units in the Ontario Hockey League.

Knights general manager Mark Hunter was clear what the three newcomers/overagers have meant to the team.

"We needed our back end to be a little older. Nothing against some of the young kids, but what we needed this year to try and win a Memorial Cup and an OHL title was their size and their presence and their maturity," Hunter said.

"They've brought that to our hockey club and we're pretty proud to have them on the Knights."

Part of the need was the



Defenceman Brady Austin was one of three overagers honoured Friday by the London Knights. Austin was traded to London in October from the Belleville Bulls. ANGELA MULLINS/METRO

departure of Finnish defenceman Olli Maata to the Pittsburgh Penguins and the longer-than-expected stay of Russian defenceman Nikita Zadorov with the Buffalo Sabres.

"We didn't expect Olli to be gone but that's the business we're in and we had to make some changes to try and fill the holes."

Bell, the oldest of the oldest at 21 with 273 OHL games under his belt, said the three have become great friends.

"We all get along pretty well. We all hang out almost every night of the week.

We're pretty close, pretty tight knit," Bell said.

"I've never come this close to a couple of guys within a couple of months, so it's pretty special. We've got a little bit more to go, so hopefully we can make some noise in the playoffs."

Bell said coming to the Knights was just as advertised.

"Coming back here and getting to play for Dale and Mike (Hunter) has been pretty crazy and it's been pretty special. They are what everyone says they are. They're the best coaches there are."



Alex Basso. Six-foot-one, 184 pounds. METRO FILE



Zach Bell. Six-foot-two, 223 pounds. METRO FILE

Post-season test up next for London's prolific offence

London won one and lost one in two weekend games, with their eyes squarely set on the Ontario Hockey League playoffs that start later this week for the Knights.

The Knights open their best-of-seven conference quarter-final Friday against Windsor Spitfires at Budweiser Gardens at 7:30 p.m. with the second game the following night, also in London.

London finished the regular season with a 49-14-14 record

and a Hunter-era team record of 313 goals.

With a lineup that did not include Zach Bell, Max Domi, Chris Tierney, Nikita Zadorov, Alex Basso, Brady Austin, Bo Horvat and Josh Anderson, the Knights lost 6-2 to the Soo Greyhounds on Sunday in Sault Ste. Marie.

Matt Rupert scored twice for the remaining Knights and Mitchell Marner and Michael McCarron had one each.

On Saturday, the Knights

Round 1: Knights-Spitfires

- **Game 1:** Friday at Budweiser Gardens, 7:30 p.m.
- Game 2:** Saturday in London, 7 p.m.
- Game 3:** Tuesday, March 25, at Windsor, 7:05 p.m.
- Game 4:** Thursday, March

27, at Windsor, 7:05 p.m.

***Game 5:** Friday, March 28 in London, 7:30 p.m.

***Game 6:** Monday, March 31, at Windsor, 7:05 p.m.

***Game 7:** Tuesday, April 1, in London, 7 p.m.,

* if necessary

scored four goals in the first period and Anthony Stolarz

stopped 41 of 43 shots as the Knights defeated Saginaw Spir-

it 6-2 in the first Saginaw home game since the team learned of the death of teammate Terry Trafford.

Stolarz completed the regular season with a 25-5-1-1 record, a league-leading .926 save percentage and a 2.52 goals against average, tied for second in the OHL.

Chris Tierney scored his 40th goal and Marner, Matt Rupert, Domi, Owen MacDonald and Horvat scored for the Knights. DAVE LANGFORD/METRO

MLB spring training

Jays rally to win in extra inning

Jonathan Diaz beat a throw to the plate to complete a 10th-inning Toronto comeback as the Blue Jays rallied to defeat the Baltimore Orioles 4-3 in Grapefruit League play Sunday.

The win snapped a four-game spring losing streak for the Jays (7-10).

The Jays also trimmed down their spring roster, optioning pitchers Kyle Drabek, Chad Jenkins and Sean Nolin to triple-A Buffalo. THE CANADIAN PRESS

Tigers 2, Nationals 1

Verlander looks ready to go

Justin Verlander was dominant over five innings and Washington's Jordan Zimmermann gave up his first run of the spring as the Tigers defeated a Nationals split squad 2-1 on Sunday.

Verlander, making his second spring start, allowed one hit, one walk and struck out four. He threw 49 pitches and then went to the bullpen to throw 16 more.

THE ASSOCIATED PRESS

Champions League

Liverpool disposes of United

Liverpool underlined its new-found superiority over Manchester United with a humbling 3-0 victory over its great rival on Sunday, virtually ending the beleaguered champions' chances of qualifying for the Champions League. Steven Gerrard converted two penalties and Luis Suarez also scored. THE ASSOCIATED PRESS

Successful debuts



"It's only one game. We're mindful of that. We still have

a long way to go, a lot of work to be done.... Today is a good step for us."

Toronto FC midfielder Michael Bradley, after a 2-1 win in the season opener against the Sounders in Seattle on Saturday. Bradley was a standout along with fellow Toronto newcomer Jermain Defoe, who had two goals in his MLS debut.

Leafs fail to launch in D.C. campaign stop

NHL. Toronto's power play blanked as they fall behind early on tail end of five-game road trip

Troy Brouwer scored two goals and the Washington Capitals scored three times in the first period before holding on for a 4-2 win over the Toronto Maple Leafs on Sunday.

Joel Ward had a goal and an assist, and Jason Chimera also tallied for Washington, which scored on three of its first five shots against James Reimer for a 3-0 lead.

The Maple Leafs pulled within 3-2 in the second period and it stayed that way until Brouwer's empty-netter with four seconds left.

Dion Phaneuf had a goal and an assist for Toronto and Troy Bodie also scored. The Capitals won their second straight. They begin a three-game West Coast swing Tuesday in Anaheim, Calif.

The Maple Leafs, third in the conference, are 2-2 on their five-game road trip.

Recently acquired Jaroslav Halak, making his fifth straight start in goal, had 27 saves in the win.

Reimer, starting in place of regular goalie Jonathan Bernier, who suffered a lower body injury in Thursday's win at Los Angeles, finished with



Joel Ward of the Washington Capitals shoots the puck past goalie James Reimer, Tyler Bozak and Dion Phaneuf of the Leafs during the first period in Washington, DC. The puck bounced off the skate of Jason Chimera for a goal credited to Chimera. ROB CARR/GETTY IMAGES

On Sunday

4

Capitals

2

Leafs

29 saves.

Washington was 2 for 4 on the power play. Toronto was

0 for 3. The Capitals have 12 power-play goals in their past 10 games.

Karl Alzner assisted on two Washington goals.

Phaneuf pulled Toronto within 3-2 at 8:05 of the second period when he floated a shot from the point through a screen and past Halak for his eighth goal.

Toronto then came up empty on three consecutive power-play chances over a seven-

minute stretch as Halak made several very good saves.

Two of Washington's three first-period goals were the result of crisp passing sequences.

With Toronto's Jay McClement off for tripping, Marcus Johansson took a pass behind the goal line from Nicklas Backstrom and fed Brouwer in the slot. Brouwer one-timed a low shot past Reimer for his 19th goal just 3:34 into the first period. **THE ASSOCIATED PRESS**

Déjà vu? Canucks make Lu think he's going to win, then score in shootout

Nicklas Jensen scored in the first period and added the only goal in the shootout as the Vancouver Canucks earned a 4-3 victory over former goalie Roberto Luongo and the Florida Panthers on Sunday.

Alex Burrows had a goal and two assists and Dan Hamhuis also scored for the Canucks. Eddie Lack made 26 saves.

Jimmy Hayes scored two power-play goals for the Panthers. Vincent Trocheck also scored and Luongo stopped 29 shots.

Luongo faced his former team just 12 days after being traded from the Canucks to the Panthers on March 4. Luongo is 2-3 since joining the Panthers.

Lack stopped all three shots in the shootout and won against Luongo, his former teammate.

The Canucks won for just the fourth time in 17 games



Canucks goalie Eddie Lack celebrates the win. JOEL AUERBACH/GETTY IMAGES

and are 3-4 since they traded Luongo.

Luongo was dealt along with forward Steven Anthony to Florida in exchange for goalie Jacob Markstrom and forward Shawn Matthias. This is Luongo's second stint with the Panthers, whom he played for from 2000-06. **THE ASSOCIATED PRESS**

NHL

Avs fend off late charge from Sens

Andre Benoit, Nick Holden and John Mitchell scored for the Colorado Avalanche in a 3-1 win over the Ottawa Senators on Sunday.

Semyon Varlamov made 38 saves. The Colorado goalie was just six seconds away from his second shutout of the season and 13th in his career until Mika Zibanejad scored. **THE CANADIAN PRESS**

NHL

Flyers sweep series vs. Pens

The Philadelphia Flyers used dominating special teams to sweep a weekend series against the rival Pittsburgh Penguins. Wayne Simmonds had two power-play goals, Matt Read had a short-handed tally and Philadelphia killed off all four Pittsburgh power plays in a 4-3 win on Sunday. **THE ASSOCIATED PRESS**

BEST IMPORT CAR DEALERSHIP



EXTRA BONUS!

GET THE CHANCE
TO PLAY IN OUR
CASH MACHINE

HUGE SELECTION
ON NEW AND
PRE-OWNED!

2014 \$135⁰⁰ @ 1.99% \$0 DOWN
CR-V LX LEASE BI-WEEKLY FOR 60 MONTHS

BEST PRE-OWNED VEHICLES • BEST MONEY FOR YOUR TRADE • BEST FINANCE & LEASE RATES • BEST SELECTION • BEST ACCESSORIES • BEST OPTIONS • BEST PRE-OWNED VEHICLES • BEST MONEY FOR YOUR TRADE • BEST PRE-OWNED VEHICLES

WESTGATE HONDA

680 OXFORD ST W WEST OF WANDERLAND RD
WestgateHonda.com

519-472-4890

Limited time bi-weekly lease offer available through Honda Financial Services Inc. (HFS). In qualified retail customers on approved credit. License, insurance and registration are extra. Representative bi-weekly lease example: 2014 CR-V LX on a 60 month term with 130 bi-weekly payments of 1.99% lease rate. HFS bi-weekly payment is \$135.00 with \$0 down or equivalent trade-in and \$1,000 lease incentive deducted from the negotiated selling price before taxes. Lessee pays only 10 lease contracts through HFS and can be combined with advertised sales of interest charged by Honda as part of a low rate interest program. Down payment, \$1 security deposit and first bi-weekly payment due at lease inception. First lease disposition is \$17,540.00. \$20,000 kilometre allowance, charge of \$0.15/km for excess kilometres. PPSA lease registration fee of \$41.50 and first registration agent's fee of \$0.05 due at time of delivery are not included. Taxes payable on full amount of purchase price Dealer may lease for less. Dealer price/lease may be necessary. Vehicles and accessories are for illustration purposes only. Offer, price and features subject to change without notice. Play in our cash machine event is valid when vehicle has been purchased. One turn per hour. Pre-owned vehicles prices do not include GST, PST to be added.



Over 50 Pre-Owned
..ON SALE!..

2010 Fit LX (50103A)	\$12,500
2011 Civic DX-G (70425R)	\$13,500
2008 Accord EX-L (50325A)	\$14,500
2012 Civic LX (UC2146R)	\$15,500
2008 Civic EX-L (UC2146R)	\$11,900
2010 CR-V EX-L (UC2147Z)	\$19,500
2010 Odyssey SE (50400A)	\$19,500
2011 CR-V EX (E0212A)	\$20,500

WE PAY TOP
DOLLAR FOR
YOUR TRADE!

Horoscopes

Aries

March 21 - April 20

The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

Taurus

April 21 - May 21

Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

Gemini

May 22 - June 21

If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

Cancer

June 22 - July 23

There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

Leo

July 24 - Aug. 23

Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

Virgo

Aug. 24 - Sept. 23

You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

Libra

Sept. 24 - Oct. 23

You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

Scorpio

Oct. 24 - Nov. 22

You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

Sagittarius

Nov. 23 - Dec. 21

Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

Capricorn

Dec. 22 - Jan. 20

A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

Aquarius

Jan. 21 - Feb. 19

Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

Pisces

Feb. 20 - March 20

Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- March 17th's star, St. ___
- Sci-Fi beings
- ___Boson, 'The God Particle'
- Overhead
- "The Simpsons" bartender
- Informed
- George Bernard Shaw play
- Energize
- Curls
- Hightails it
- Viewing
- Dublin band that performed "All I Want" on "American Idol" recently
- House's locale, briefly
- Wax: French
- Ontario's Erie, et al.
- Rabbit-in-a-hat routine: 2 wds.
- Modern
- Van Morrison song covered by Colin James: "Into the ___"
- Ms. McCartney
- Foiled
- Community in Manitoba southwest of Winnipeg
- John Fogerty's gr.
- Writer Ms. LeShan's
- ___dokie
- 1983 U2 album: 'Under a ___ Sky'
- Too: 2 wds.



- Metamorphosis-izer
- Fashion designer, Geoffrey ___ (b.1924 - d.2004)
- Liv Tyler's role in 'Lord of the Rings' movies
- W.B. Yeats poem, Sailing to ___

- Avoid, as an issue
- 'Speed' suffix
- Backs
- Keyed up
- That, in Spanish
- Sequence of wins in sports

Down

- Tabloid's photos-

- supplier
- 'Lull' ending
- Chien: English
- Pet doc's deg.
- Pine
- Actor Mr. Jannings
- Wrench spot: 2 wds.
- Security system device

- ___ dozen (Bakery order)
- Early U2 song: 3 wds.
- ___ one's all (Really tried)
- Shades of Sham-rocks
- Feel
- Register

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- "I Am ___" (2001)
- Cheese type
- Irritable
- "The Unicorn" by Canadian folk group The ___
- Al ___, as per pasta
- Nero's 300
- Windy City bus and train org.
- Someone supportive
- Poet's 'always'
- 2008 VP candidate ...her initials-sharers
- Do a thumbs up thing on Facebook
- Blue dye
- "___", crooked crosses, in God's country." - U2, "In God's Country"
- Hairstyling product
- Bobby ___ (Hockey Hall of Famer born in Flin Flon, MB)
- Animal Planet host Jeff
- Singer/actress Ms. Reynolds
- Super fun time
- The Divine Comedy writer
- Actress Ms. Ortiz
- Propels
- Mr. Pound of poetry
- Haul
- Dublin, ___
- "What's the ___?"
- Chart

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	9	4	2	8	6	5	7	3
5	3	2	1	9	7	4	6	8
6	8	7	3	5	4	1	9	2
9	2	5	6	1	3	8	4	7
7	6	3	8	4	9	2	5	1
4	1	8	5	7	2	6	3	9
8	7	9	4	6	1	3	2	5
3	4	1	9	2	5	7	8	6
2	5	6	7	3	8	9	1	4

3								2
	9		3	7	8			6
	7							3
		2	1		3	7		
	3						8	
		1	7		6	5		
	4							5
	6		4	5	1		9	
8								6



visit metronews.ca



FRAME:
Derek Cardigan 7012 Blackout

BRANDS WE LOVE

Derek Cardigan™

An exclusive brand known for its unique math symbol accents and bold frame designs.
With Try Before You Buy, try any Derek Cardigan frame free for 30 days.

cat eye



DEREK CARDIGAN
7005 BLACK

A retro style that's always in fashion,
in classic bold black

square



DEREK CARDIGAN
7003 BLACK

Always cool, this square frame adds
just the right amount of edge

semi-rimless



DEREK CARDIGAN
7010 BROWN TORTOISESHELL

the vintage detailing of this frame
evokes a playful, boyish vibe

round



DEREK CARDIGAN
7012 BLACKOUT

with throw back character, this
frame is all edge n matte black



ClearlyContacts.ca™

THE BETTER WAY TO BUY EYEWEAR



ONLINE
clearlycontacts.ca/metro



CALL
1-866-414-2326



IN STORE
Toronto & Vancouver